



# Xenia Horne

The guide takes you through the processes Xenia uses when creating both her own work and preparing her public workshops.

From sighing like a yawn and sound slides to sources of songs and listening to your body vibrate, the Guide draws on many of the examples you will find in the MORAG website, and is intended to give you an easy, downloadable resource to inspire and support your own song games.



## Think about it

### Words, lists and phrases

- Keep a notebook where you can record ideas and thoughts
- List some favourite songs and their lyrics that you would like to sing

### Treasure Hunt – things around you

Ideas spring up in the oddest places - walking the dog, having peace and quiet, while driving, or in beautiful surroundings. Big ideas can come out of apparently nowhere but actually it is when a seed has had time to germinate, and evolve into something else, then it will spring back into your mind.

### Make yourself at home

Find a place away from your phone or computer, where you feel you have time to think and develop ideas. You could be in the middle of nowhere in a large open space, on a train, in your office or kitchen.

### Feelings

Start with breathing and relaxing the muscles. Create a neutral place where you can start using the voice without any pressure.



## Get going

### Warm up

Breathe in through the nose for a slow count of five, breathe out through the mouth as though you are gently blowing out a candle. Do that ten times.

### Make a mark

Breath in through the nose for a slow count of five then let go of the breath, sighing like a yawn. Try to keep the out breath going for five whole beats and keep the whole thing really relaxed.

### **Play**

Play is vital to working with the voice as it frees you from the notion that you have somehow to be good at an activity.

Try thinking of a note in your head, on the out breath sing that note.

### **Start anywhere**

Be open to where an activity takes you - close your eyes and try not be distracted by anything around you.

You do need to have some sense of structure but having the freedom to see where an action or activity takes you is very liberating. In many cases the process of an activity is actually much more important than the outcome.

### **What's in your space?**

Tune into a sound in your space and on the out breath sing that sound.



## **Keep going**

### **Add in and take away**

- Experiment - start with a quiet note and make a bigger sound.
- Make a sound that slides or fades away

### **Chop & change**

Explore your diaphragm. Breath in for five beats and then bounce the out breath - 'ha, ha, ha, ha, ha'.

Ask yourself questions, like what would happen if you sing lying down so that you can feel the vibrations of the sounds you make?

### **Don't stop**

Have the confidence to improvise with ideas and find out where they take you. This is incredibly important otherwise you can stop your creativity mid-flow.

Echo your sound back to yourself.

### **Emergency restart**

Change your approach. Use your body as an instrument — clap and stamp a rhythm.



## **How did it go?**

### **How do you know when it's over?**

- Do you feel relaxed and ready to do something else?

### **Any surprises?**

- Did you do or hear anything new?

**What were the best bits?**

- What would you like to do again?
- How would you do it differently next time?
- What would you take away? What would you add?



## What next?

**Choose another starting point**

In a large open space, on a train, in your office or kitchen, listen to what's around you and find a new sound to work with.

**Tell a friend**

Try out these activities with a friend or with a few friends.

**Give yourself a challenge**

Find the favourite songs and their lyrics from your list that you would like to sing. Sing them!

**External links**

[www.sheetmusicdirect.com](http://www.sheetmusicdirect.com) which provides midi files of lots of songs plus words and you can download backing tracks so do not have to be musical

[www.musicnotes.com](http://www.musicnotes.com) is another site which has backing tracks and words to songs.